



July 13, 2010

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***Congratulations to Our 2010 Healthy Hometown Leadership Award Winners!***

As part of our June Advisory Council Meeting, we announced our 2009 Healthy Hometown Leadership Award Winners. Each will receive a Healthy Hometown Leadership Certificate and a special letter of gratitude from Mayor Jerry Abramson. Please join us in congratulating this year's recipients:

**Cheryl Scanlon** – Co-chair of the HH Worksite Wellness Committee, she has co-produced three worksite wellness conferences and guided the streamlining of our Worksite Wellness Awards criteria and judging process.

**Amy Oetken** – Co-chair of the HH Worksite Wellness Committee, she has developed much needed sponsorships for the Worksite Wellness Conferences and served as mentor to businesses developing worksite wellness programs.

**Josh Jennings** – Josh is a strong advocate on the Food in Neighborhoods Committee and was instrumental in the launch of the Healthy in a Hurry Corner Store initiative. He is currently working to expand the initiative in Healthy Kids, Healthy Communities designated neighborhoods.

**SteVon Edwards** – SteVon showed great leadership in planning the first two Annual Louisville Food Summits while working at Community Farm Alliance and was involved in starting and sustaining Farmers Markets in underserved neighborhoods. She is now working on physical activity and obesity prevention initiatives for the Department of Public Health.

**Steve Sizemore** – Part of Metro Government's Planning and Design team, Steve has served on the Active Living Committee – now the Step Up Louisville Task Force -- since its inception, providing invaluable input into the 2008 Pedestrian Summit. He has continued his work with the city's walkability assessment process and provides guidance in executing many of the built environment activities associated with the Healthy Kids, Healthy Communities Grant from the Robert Wood Johnson Foundation.

**Katie McBride** – Katie serves on the Step Up Louisville Task Force and works with the Health Department on issues relating to bike and pedestrian safety. She was instrumental in securing a partnership with Safe Kids Louisville & Jefferson County for last year's Walk to School Day.

**Tori Murden McClure** – Co-chair of Step Up, Louisville Task Force, Tori has brought her own personal commitment of physical activity and healthy behaviors to the job. Recently named President of Spalding University, she was instrumental in getting a Mayor's Mile on its campus.

**Chris Dickinson** – Chris stepped up this year to Co-chair the Step Up, Louisville Task Force, one of the outcomes of the Ped Summit. Chris is with Gresham, Smith & Partners and has been involved with the Mayor's Miles extensions and StreetSense Campaign.

**Vicki Aubrey Welch** – The 13<sup>th</sup> District Councilwoman has worked extensively with the Schools Committee to create connections between faculty and parents toward encouraging healthy behaviors in students. She sponsored the VERB Summer Scorecard campaign in Southwest Louisville so that Tweens could be active during the 2009 summer months.

**Jill Costin** – Jill is a member of the Schools Committee and is dedicated to providing healthy food to students in the public schools through her work with JCPS Nutrition Services. She is currently working with the Farm to Table initiative on providing fresh, local fruits and vegetables in JCPS schools.

### ***Are You “Losing It!” Louisville?***

There’s still plenty of time for you and your colleagues to sign up to “Lose It, Louisville! More than 700 of your fellow residents have already registered and have lost more than 1,000 pounds, collectively! We still need you to sign up and let us know how many pounds you are losing every week. . .or every day. . .as we work toward our community goal of losing 100,000 pounds by Labor Day! Mayor Abramson and Dr. Troutman are logging in their weight loss every week – and you can, too. Just go to [www.loseitlouisville.com](http://www.loseitlouisville.com) and keep us posted. You’ll receive encouraging e-mails with healthy tips, news about your fellow Lose It participants and a chance to win prizes such as free groceries and gift cards! Sign up today so we can all be Losers!!!!

### ***Join Us for the 2010 Tommie Smith Youth Track and Field Meet!***

The Tommie Smith Youth Initiative is designed to prevent childhood obesity by providing physical activity and nutrition education for Louisville children. The event is scheduled for **Saturday, July 17 11:00 a.m.** Central High School Stadium **and is open to youth ages 4 to 18.** The day is all about physical activity and nutrition education for elementary school children who attend summer camps here in Louisville. The event organizers also work with the 100 Black Men of Louisville Inc., YMCA and Metro Parks, who have access to hundreds of children, and plans to engage them in exercise that will improve their fitness. The Tommie Smith initiative is part of the Mayor’s Healthy Hometown Movement and supported by physical activity funding from the Kentucky Department for Public Health. For more information call 502-574-8661 or go to [www.louisvilleky.gov/health/tommiesmith](http://www.louisvilleky.gov/health/tommiesmith).

***Upcoming Mayor’s Healthy Hometown Movement Committee Meetings:*** All meetings are held at the Louisville Metro Health Dept., 400 East Gray Street unless otherwise noted:

<b>Food In Neighborhoods</b>	<b>August 2</b>	<b>5:30 pm</b>	<b>Downtown YMCA Association Office</b>
<b>Schools</b>	<b>July 29</b>	<b>10 am</b>	<b>Gheens Academy</b>
<b>Worksite Wellness</b>	<b>July 15</b>	<b>8 am</b>	<b>Baptist East Milestone Wellness Center</b>
<b>Step Up, Louisville!</b>	<b>TBA</b>		

Contact [marigny.bostock@louisvilleky.gov](mailto:marigny.bostock@louisvilleky.gov) to RSVP or for more information.

### ***Healthy Hometown Partner News:***

#### ***Stone Soup Community Kitchen Event This Weekend!***

Join fellow foodies for this month's Stone Soup event, Saturday July 17 at the First Unitarian Church, 809 S. 4<sup>th</sup> St. Participants will prepare a meal together that everybody shares, with food from local farmers markets.

Please plan to arrive promptly at the 4:00pm and stay until 7:00pm. Enjoy a full cooking experience, from prep to clean up! This event is FREE and FUN for the WHOLE family and will create a sense of community through cooking! For more information visit [www.stonesoupky.org](http://www.stonesoupky.org) or call 585-5110. Stone Soup is a program of Community Farm Alliance, "Where real change comes from the ground up."

### ***Fleet Feet Sports Starts Beginners Running Program...No Boundaries!***

No Boundaries is the nation's largest "Couch to 5k" program. Last year over 10,000 people completed their first 5k through this program. This 10-week 5K training program is geared toward beginning runners/walkers and progresses at a slow, non-intimidating pace to prepare you for a 5K.

The next No Boundaries Program will begin with an informational meeting on July 13 and July 20 at 7pm, and the program will officially begin on July 27 at 6:30pm. Our meetings and training runs will be each Thursday at 6:30 and Saturday at 9:00am. We will be training for the Highland Cup 5K on October 2.

If this sounds like something you and your friends would be interested in for reaching your fitness goals please contact Lacy Wood at [staff@fleetfeetlouisville.com](mailto:staff@fleetfeetlouisville.com).

### ***Kentucky Sends Delegate to Outdoor Nation Youth Summit in NYC***

River City Canoe & Kayak of Louisville sponsored a Murray State University student to attend this summer's Outdoor Nation Youth Summit in New York to present a youth paddling mentor program between U of L students and middle-school students. Sarah Kelty plans to initiate the program in Louisville during the 2010-2011 school year. Metro Parks, Kentuckiana Girl Scouts Council and Councilman Tom Owens are also supporting the project. The Summit provides young people from throughout the country a chance to come together and hone their ideas for youth-oriented physical activity programming in their home cities and states.

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The **Mayor's Healthy Hometown Movement News** is designed to keep you informed of important Healthy Hometown Happenings as well as create a communications connection for all **Healthy Hometown** partners and interested participants. We encourage you to share any news, events and updates generated through your organizations and efforts ---all part of the Mayor's goal to make this one of the healthiest communities in America.

**To submit information** for publication consideration, please **DO NOT HIT REPLY**. Send edited items, including specific dates and times for events to [smlcomm@att.net](mailto:smlcomm@att.net). Please include any pertinent web links and an e-mail source for more information.

This is a publication of the **Mayor's Healthy Hometown Movement** and is distributed through the Louisville Metro Health Department. Please feel free to share this newsletter with anyone who has an interest in a healthy community. If you do not wish to receive this newsletter please notify us at [marigny.bostock@louisvilleky.gov](mailto:marigny.bostock@louisvilleky.gov).